



Have more energy  
More fun  
And  
Feel good about yourself



Take Action Now  
Join

**BODWORKS**  
*A Toolkit for **Healthy** Teens & Strong Families*

A Free 8 Session Program  
Coming to Kingston  
For 8 Wednesdays (5PM-7PM )  
Starting July 1  
For Parents & Adolescents age 9-15  
(Adolescents are invited to attend some of these sessions)

See back for details and registration  
For more information:  
Call the Community Heart Health Coalition of Ulster  
County (845) 338-2500 x 4061 or  
[Imozian@kingstonhospital.org](mailto:Imozian@kingstonhospital.org)

# BOD WORKS

*A Toolkit for **Healthy** Teens & Strong Families*

**Through facilitated workshops parents and caregivers will learn how to:**

- Recognize current healthy practices and build upon them
- Understand healthy eating
- Recognize the benefits of physical activity
- Recognize the impact that the environment and media have on their lifestyle choices
- Set goals for their families and plan for change
- Adopt healthier eating habits in alliance with their children
- Breakdown the barriers that keep them from engaging in optimal amounts of physical activity
- Shop, cook and eat together
- Support a healthy lifestyle for their families

Gee Mom  
This food tastes great!



Thanks Dear  
How about we go out  
and take a walk?



Awesome idea!  
Beat you to the door!!



Registrants receive a free toolkit that provides information, tools and strategies. The program is free of charge but a refundable \$20 deposit is required at the time of registration that will be returned upon completion of the program.

To register submit the following with a \$20 check made payable to The Community Heart Health Coalition of Ulster County and mail to :

The Community Heart Health Coalition of Ulster County  
The Kingston Hospital  
396 Broadway  
Kingston, NY 12401

|                          |                         |
|--------------------------|-------------------------|
| Name of parent:          | Name of adolescent /age |
| Address                  |                         |
| Phone Number Day/Evening |                         |
| Email address            |                         |